



Friendship Heights

VILLAGE NEWS



**Nats vs. Os,
page 5**

MAY 2018 VOLUME 34, NO. 5 www.friendshipheightsmd.gov 301-656-2797

Village sponsors candidates forums in June

The Village Council is sponsoring forums at the Village Center for Montgomery County Executive and Montgomery County Council District 1 candidates. Both events will be moderated by Lou Peck of Bethesda Magazine.

The County Executive candidates forum will be **Monday, June 4, from 7 to 9 p.m.** The candidates include Roger Berliner, David Blair, Marc Elrich, Bill Frick, Rose Krasnow, George Leventhal (all Democrats), and Robin Ficker



(Republican).

The County Council District 1 forum will be **Thursday, June 7, from 7 to 9 p.m.** The candidates

are Bill Cook, Pete Fosselman, Andrew Friedson, Ana Sol Gutierrez, Jim McGee, Reggie Oldak, Dalbin Osorio, Meredith Wellington (all Democrats) and Richard Banach (Republican).

The primary election will be Tuesday, June 26. Polls will be open at the Village Center from 7 a.m. to 8 p.m. Early voting begins June 14. Go to www.montgomerycountymd.gov/elections for locations of early voting sites and absentee ballot information.

Celebrate spring with a garden tour and tea

Join us on **Tuesday, May 29**, as we tour the beautiful gardens of Alexandria's Green Spring, then linger over a full English tea in the historic 18th century plantation house.

We'll tour the glorious springtime demonstration gardens with a master gardener docent who will inspire us with stories of Green Spring, the two-story Georgian brick house built in 1784 by John Moss.

The home was later remodeled by Mount Vernon's resident architect Walter Macomber, and pioneer landscape designer Beatrix Ferrance installed the landscape around the house. The work of these two designers earned Green Spring its listing on the National Register of Historic Places and its status as a Virginia landmark.

Following the tour, we'll gather in the house for assorted tea sandwiches, pastries, scones, cream, jam, and, of course, tea.

We'll depart from the Center at 1 p.m. and should return by 5:30 p.m.

The cost, which includes round-trip transportation, docent-led garden tour, English tea and all taxes and gratuities is \$80.

Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning May 7.

There are 29 spaces available.



Royal wedding watch!

Enjoy all the pageantry of the wedding of Britain's Prince Harry to American Meghan Markle without the long voyage across the pond. We're hosting a wedding watch party at the Village Center on the big day — **Saturday, May 19**— and you're invited!

We'll set up a giant screen for prime viewing and celebrate with tea, scones, and wedding-inspired treats! Decorate a tiara or try making a fascinator (that's a fancy hat, for all you Yanks!). We'll also have drawings for prizes throughout the morning. Sign up in advance and be eligible for a special prize! This early morning family-friendly event is free! Doors will open at **6:45 a.m.**; coverage begins at **7 a.m.** Shuttle service begins at 6:30 a.m.

'Play date' in Shepherdstown, see page 4

Meditation and you

Learn basic meditation skills from Julie Potter at the Village Center on **Monday, May 14, at 2 p.m., and on Thursday, May 31, at 7:30 p.m.** Julie is wellknown to many Village residents for her twenty years directing the Sibley Senior Association and Widowed Persons Outreach. She began her career as a medical social worker, working in home care, nursing home and hospital settings. She is now retired and living in the Village.

Meditation is a spiritual practice that helps us to become peaceful inside. That is why most people begin the practice. But there are many more benefits such as enhanced immune response, joy, increased mental acuity, anger management, increased endorphins ("happy hormones"), the ability to remain calm and productive in the midst of stressful situations, and support during life's challenges.

Julie has been meditating for 36 years. She will teach you basic meditation skills, talk about the benefits of meditation, help you to tap into your meditation potential, and provide useful information for your journey – suggested books and apps for your iphone.

Come experience different forms of meditation and go home relaxed and at peace. Call 301-656-2797 to register for either or both classes.

The Village Book Club will meet on **Tuesday, May 15, at 11 a.m.** The book selection is "The Last Days of Night" by Graham Moore. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

The Tech Mensch

Ari Fisher



HOME TECH SUPPORT

Mac • PC • iPhone
Printers • Tutoring

(202) 262-5378
ari@thetechmensch.com

FREE virus scan with each visit.

 5 Star Rating

 Computer Help for All Ages

 iPhone and Tablet Support

Contact Ari to schedule an appointment

Play readings at the Center



Enjoy a delightful hour of staged reading performances by Seniors on Stage, an amateur acting group, at the Village Center on **Wednesday, May 9, at 1 p.m.**

Please note a change in the program: SOS will present two plays, "The Trial" and "The Attaché Case" written by Jules Abrams, a well-known actor, director and playwright in our area. Please let us know you are coming by calling 301-656-2797.



Friendship Heights

VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the June issue is May 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Anne Hughes O'Neil
Staff Writer, Layout, Advertising

Jennie Fogarty
Staff Writer

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White
Mayor

Kathleen G. Cooper
Treasurer

Michael J. Dorsey
Chairman

Carolina Zumaran-Jones
Parliamentarian

John R. Mertens
Vice Chairman

Alexandra Kielty
Historian

Paula J. Durbin
Secretary

VILLAGE MANAGER
Julian P. Mansfield

Village Council Update

Council approves budget for FY 2019

At its March 20 meeting, the Council unanimously approved the FY 2019 Village Budget (beginning July 1, 2018), **keeping the tax rate at 4¢ per \$100 of assessed property value for the 13th consecutive year. This is the lowest rate allowed under our charter.** The budget is summarized below:



TOTAL REVENUES	\$2,346,518
EXPENDITURES	
General Government	1,329,553
Public Safety	104,400
Public Works	610,300
Health/Education/Social Services	12,000
Recreation and Parks	254,000
TOTAL OPERATING EXPEND.	\$2,310,253
Surplus/(Deficit)	\$36,265
TOTAL EXPENDITURES	\$2,346,518

New members of the Village Centennial Club!



Elizabeth Gwinn



Morris Krucoff, M.D.



Helen Huntley

(l) photos by Carolina Zumaran-Jones



Robert Schapiro

(r) photos by Kathleen Kester

Village honors centenarians at Community Day

At our annual Community Day celebration on April 19, the Council honored Village centenarians **Elizabeth Gwinn; Helen Huntley; Morris Krucoff; and Robert Schapiro (see photos at left).** Also honored were **Janet Crampton** and **Amir Movahedi**, who could not attend.

Mayor Melanie White presented each centenarian with a certificate on behalf of the Village Council. Each person also received a special citation from Maryland Governor Larry Hogan. Congratulations to all!

Developer again postpones presentation of Parcel 6 plans

1788 Holdings, the potential developer of Parcel 6, will not present its plans to the Village at the May 14 Village Council meeting, as previously announced. We are waiting to hear when it can reschedule.

Council committees meet to discuss Village entrance signage, bulletin board

On April 18, the Village Council's Capital Improvements Committee and Communications Committee held a joint meeting to discuss options for replacing the Humphrey Park bulletin board and for Village entrance signage.

When plans are developed, they will be brought to the full Council for consideration.



The bulletin board at the corner of South Park Avenue and The Hills Plaza.

Council to distribute survey to residents

At the February 12 meeting, the Council agreed to mail a survey to all residents. The survey will seek input on a range of Village programs. Residents who respond will have a chance to win a gift certificate. Look for the survey in the mail early this summer.

Other actions taken at the April 9 Council meeting:

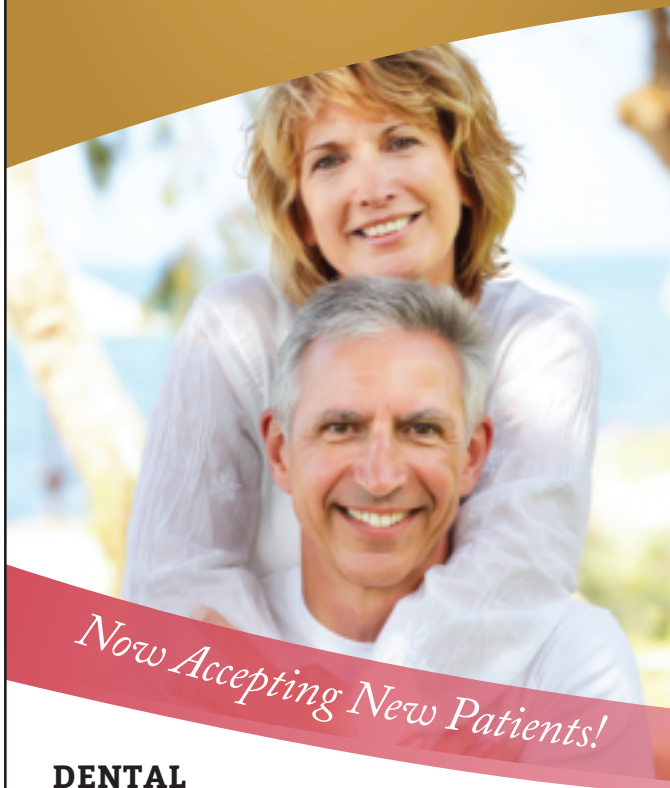
- Discussed possibility of increasing fine for Village tree preservation regulation.

The next Council meeting, open to the public, will be Monday, May 14, at 7:30 p.m.



MORRISON
COSMETIC DENTISTRY

A SMILE ABOVE THE REST



Now Accepting New Patients!

**DENTAL
INSURANCE
NETWORKS**

CIGNA DPPO

METLIFE

DELTA DENTAL

GUARDIAN

AETNA PPOII

TRI CARE

"Dr. Morrison is simply the best! For many years I have been extremely anxious at the dentist. A nurse friend recommended Dr. Morrison. He is the ultimate professional; extraordinarily skilled and kind. Recently while having work done I actually fell asleep in the chair--that is how comfortable I feel in this office...I cannot recommend Dr. Morrison and his staff highly enough."

No insurance? Please inquire about our exclusive in-house Morrison VIP Membership plan!

The Barlow Building

5454 Wisconsin Ave, Suite 1505 | Chevy Chase, MD 20815

301-637-0719

DrEricMorrison.com

Two timely plays and dinner in Shepherdstown, W.Va.

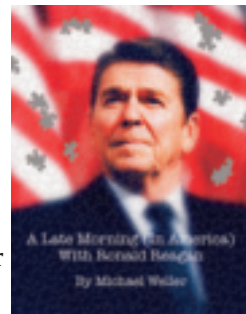
Make it a day of spectacular plays when we travel to Shepherdstown, W.Va., for the final weekend of this year's Contemporary American Theatre Festival on **Saturday, July 28.**

In addition to the performances, we'll also enjoy a sumptuous dinner at Shepherdstown's acclaimed Bavarian Inn.

We'll depart the Village Center at 9:15 a.m., and arrive in Shepherdstown in plenty of time for the first show at noon. In "A Late Morning (in America) with Ronald Reagan," the retired President invites us into his office for lemonade and recollections of things he rarely (if ever) shared before. Except maybe with Nancy. From award-winning playwright, Michael Weller comes this new play written in collaboration with award-winning film and television actor, Tim Matheson (West Wing, Jumanji, Animal House) as Ronald Reagan.

Next, we'll see "The Cake," a timely new play by a writer for NBC's This is Us. In this delicious comedy, a North Carolina baker is overjoyed when her best friend's daughter returns from New York and asks her to make her wedding cake.

Continued on page 5, see Plays



Chevy Chase
Florist



We specialize in:
Ecuadorian roses,
Dutch flowers,
and locally-
grown flowers.

Chevy Chase Florist
5415 Friendship Boulevard
Chevy Chase, MD 20815
301-986-0986
www.chevychaseflorist.com

ON THE GO...



Baseball's Battle of the Beltways

Cheer on your favorite team – Washington or Baltimore, or both – when we travel to Nationals Park to watch the Nats take on the Orioles on **Tuesday, June 19.**

We will leave the Village Center at 5:30 p.m. for the 7:05 start and should return by 10:30. The cost of the trip, which includes a seat in Section 135 (field level), transportation by motorcoach and driver gratuity, is \$75.

Residents may sign up beginning immediately; nonresidents may sign up beginning May 16. There are 24 tickets available.



Plays, continued from page 4

Della, a sweet-natured Christian, is forced to re-examine her deeply held beliefs and her own marriage when she realizes there is not one bride, but two.

Following the performances, we'll enjoy an early dinner at the Bavarian Inn, a romantic country inn offering fine dining from its scenic location perched on a bluff overlooking the Potomac River.

Choose from among a number of Bavarian favorites such as beef tenderloin tips with homemade spaetzle, and pork loin with sauerkraut and potato dumplings. We'll also have vegetarian pasta, mixed greens, and apple strudel for dessert. Choice of tea or coffee is included.

The cost of the trip, which includes round-trip transportation, tickets to the two plays, dinner at the Bavarian Inn, and all taxes and gratuities is \$199 before June 15. The price increases to \$224 after June 15.

Sign-ups for residents and guests begin immediately. Nonresidents may sign up beginning May 14.

There are 19 spaces available.



Our Listings in the Friendship Heights Community

FOR SALE

5600 Wisconsin Ave. #803
\$2,075,000: 3 BR, 2.5 BA,
Updated, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #906
\$1,599,000: 2 BR + Den, 2.5 BA,
Renovated, Balcony; 2,278 SqFt

5600 Wisconsin Ave. #907
\$1,550,000: 2 BR + Den, 2.5 BA,
Views, Balcony, 2,092 SqFt

5600 Wisconsin Ave. #PH18C
\$1,399,000: 2 BR, 2.5 BA,
Views, Balcony, 2,118 SqFt

5600 Wisconsin Ave. #1101
\$1,125,000: 2 BR, 2 BA,
Views, Balcony; 1,593 SqFt

5600 Wisconsin Ave. #701
\$1,100,000: 2 BR, 2 BA,
Views, Balcony; 1,593 SqFt

5610 Wisconsin Ave. #1609
\$1,995,000: 3 BR, 2.5 BA,
2 Balconies; 3,021 SqFt

4620 N Park Ave #1107E
\$435,000: 1 BR + Den, 1.5 BA,
Balcony; 1,099 SqFt



Zelda Heller, Jamie Coley & Leigh Reed
of Long & Foster Real Estate
Exclusive Affiliate of Christie's International

240.800.5155 Main Office
202.669.1331 Cell
hellercoleyreed@gmail.com
hellercoleyreed.com

LONG & FOSTER
REAL ESTATE

CHRISTIE'S
INTERNATIONAL REAL ESTATE



HELLER COLEY REED
OF LONG & FOSTER REAL ESTATE

New condo listings
coming soon.

Call today for details!



PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

Thursday, May 3, 7 p.m. — “Film Stars Don’t Die in Liverpool”— Hollywood actress Gloria Grahame finds romance and happiness with a younger man, but her life changes forever when she is diagnosed with breast cancer in the 1970s. Stars Annette Bening, Jamie Bell and Vanessa Redgrave. Rated R. Running Time: 106 minutes.

Thursday, May 10, 7 p.m. — “The Post” — Katharine Graham is the first female publisher of a major American newspaper — The Washington Post. With help from editor Ben Bradlee, Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents. Bradlee and Graham must overcome their differences as they risk their careers — and very freedom — to help bring long-buried truths to light. Stars Meryl Streep and Tom Hanks. Rated PG-13. Running Time: 117 minutes.

Thursday, May 17, 7 p.m. — “The Greatest Showman”— Inspired by the imagination of P.T. Barnum, “The Greatest Showman” is an original musical that celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. Stars Hugh Jackman, Zac Efron and Michelle Williams. Rated PG. Running Time: 105 minutes.

Thursday, May 24, 7 p.m. — “Thor” — Exiled to Earth after his arrogance fans the flames of an ancient conflict, the mighty Thor of Asgard battles a destructive force sent to crush humanity in this exhilarating comic-book adventure. Only when the banished prince has defeated an opponent capable of crushing him in battle will he learn what it takes to be a true leader. Stars Chris Hemsworth. Rated PG-13. Running Time: 114 minutes.

Thursday, May 31, 7:30 p.m. — “Meditation and You,” see page 2 for details.

Friendship Heights . . .

Selling a Lifestyle You Can Invest In . . .



Spring is in the Air!

The Market is Blooming!

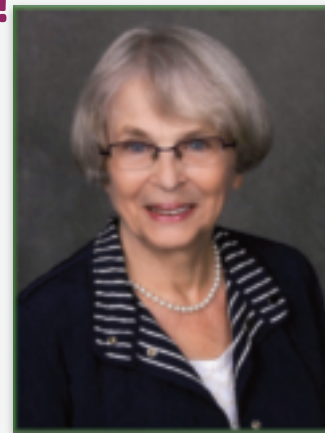
4620 North Park Avenue

#902E

1 BR 1 BA

LIST \$305,000

**Your Local Real Estate Expert for
Friendship Heights!**



**DIRECT: 301-455-9608
ZORICA@ZTOMIC.COM**



ART and CULTURE

Sumi-e Society exhibits in May

The National Capital Area Chapter of the Sumi-e Society of America presents "Summer Expressions" at the Friendship Gallery this month.

The chapter has more than 70 members including professional and aspiring artists. The Sumi-e Society is a nonprofit organization founded in 1963 to encourage an appreciation of East Asian brush painting and calligraphy and to serve as a cultural bridge between East and West.



"Breakfast" by Carolyn Jackson Sahni

The medium employs ink and watercolors, and rice papers or silk. All are invited to a reception on **Sunday, May 20, from 11:30 a.m. to 1:30 p.m.** to meet the artists.

The exhibit runs from May 7 to June 2. Exhibit hours are Monday through Thursday; 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive.

More Art News

- Space still available for our Children's Summer Art Camp **Monday, June 18 through Friday, Jun 22, from 9:30 a.m. to 1 p.m.** Open to children 5 to 12 years of age. The cost is \$250. Sign up at the Village Center.
- Applications for our annual community show in July are available at the Village Center. Prizes will be awarded to top winners!



FHNN
Friendship Heights Neighbors Network

Taking Friendship to New Heights
www.fhneighbors.org

2018 Friendship Fling

2-5pm Sunday May 20

at the Village Center 4433 S Park Ave

Celebrate spring with your neighbors while supporting a non-profit cause that helps the neighborhood

FHNN is a nonprofit helping seniors to age in place with programs and non-medical services provided by volunteers

live music

wine tasting

silent auction

including

scuba lessons

professional services

vacation trips

restaurant meals

art work

and much more!

Bring this ad to be eligible for special prize!

Name _____ Phone _____



Admission is \$15 per person, payable by cash or check at the door
RSVP appreciated: information.fhnn@gmail.com or call 240-620-3285




Friendship Heights
Village Center



Calendar
of Events 2018

MAY							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h2>Is it all Greek to you?</h2> <p>If you have an interest in joining a Modern Greek Conversation Club that would meet weekly at the Village Center for fellowship and discussion, please email greekconvclub@gmail.com. Note: the group welcomes speakers of all levels, but it is not a class for non-speakers.</p>		<div>1</div> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates</p>	<div>2</div> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 7:30 p.m.: Concert: New Brass Quintet</p>	<div>3</div> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 7 p.m.: Movie: Film Stars Don’t Die in Liverpool</p>	<div>4</div> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory</p>	<div>5</div> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>	
	<div>6</div> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<div>7</div> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training</p>	<div>8</div> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates</p>	<div>9</div> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes 1 p.m.: Seniors on Stage 5:30 p.m.: Community Advisory Committee Mtg. 7:30 p.m.: Concert: Martime Voices</p>	<div>10</div> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: The Post</p>	<div>11</div> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</p>	<div>12</div> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography</p>
	<div>13</div> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<div>14</div> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 2 p.m.: Meditation and You with Julie Potter 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING</p>	<div>15</div> <p>8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates</p>	<div>16</div> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: Suburban Lecture: “Think F.A.S.T.” 1 p.m.: All in the Eyes 5:30 p.m.: Program Advisory Committee Mtg. 7:30 p.m.: Concert: David McLaughlin</p>	<div>17</div> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: The Greatest Showman</p>	<div>18</div> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</p>	<div>19</div> <p>7 a.m.: Royal Wedding Viewing Party 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography</p>
	<div>20</div> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<div>21</div> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12 p.m.: Vision Support Lunch and Learn 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7 p.m.: Café Muse</p>	<div>22</div> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates</p>	<div>23</div> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes 7:30 p.m.: Concert: Kinor Dancers</p>	<div>24</div> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Thor</p>	<div>25</div> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</p>	<div>26</div> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<div>27</div> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<div>28</div> <p>Memorial Day Center Open 9 a.m. to 2 p.m. 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books Shuttle Bus runs on weekend schedule</p>	<div>29</div> <p>8:15 a.m.: Walking Club 10 a.m. – 2 p.m.: MVA Mobile Office 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Depart for Tour and Tea 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates</p>	<div>30</div> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 12 p.m.: Chess Group 1 p.m.: SHIP on Medicare 1 p.m.: All in the Eyes 7:30 p.m.: Concert: Mark Hanak</p>	<div>31</div> <p>8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7:30 p.m.: Meditation and You with Julie Potter</p>	<h2>Tech Help</h2> <p>Village resident Ananmay Sharan will come to the Center on select Saturdays (May 12 and 19) this month from 10 a.m. to noon to help answer a variety of computer questions. Ananmay is a high school junior who is passionate about technology. He hopes to study computer science in college. Please bring your device with you.</p>		

Shuttle bus hours



Monday through Friday
Saturday and Sunday

6:40 a.m. to 9:40 p.m.
8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday
Friday
Saturday and Sunday

9 a.m. to 9 p.m.
9 a.m. to 5 p.m.
9 a.m. to 2 p.m.

Produce market returns to the village

Twin Springs Fruit Farm will set up its market on **Saturday, May 5, from 9 a.m. to 1 p.m.,** and will be on the portico of the Friendship Heights Village Center every Saturday until mid-December.
During May, the farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, sweet peppers and spring mixed greens. In addition, they will feature fresh asparagus, radishes, spring onions, lettuce and other veggies. Also available in May are strawberries, red raspberries, cherries, baked goods, jams and jellies, apples, cheese and eggs. See you at market!





CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ABSTRACT PAINTING

An 8-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., May 25 – Aug. 10. \$160 for residents; \$175 for nonresidents. Acrylics are best for this class. Composition and color exercises are emphasized to create non-objective art. Painting experience required. Questions? Contact Joan Samworth at samworth@gmail.com. Maximum number is 10. Class will not meet June 22, July 6, July 27 nor Aug. 3.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., June 6 – July 25. \$75 for residents; \$80 for nonresidents. Marianne, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. Class will not meet June 20 nor July 4.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays, 10:30 a.m. to 1:30 p.m., June 2 – July 21. \$130. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Instruction takes place in

the classroom and out in the field. Students must bring a camera to class; digital cameras preferred. See examples of Lew's students' works at www.artmajeur.com/kindalewcollective.

BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays, 9:30 a.m. to 10:30 a.m., May 5 – June 16. \$50. The class is open to those 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Students must have digital cameras and flashdrive. See examples of Lew's students' works at www.artmajeur.com/kindalewcollective. Class will not meet May 26.

STILL LIFE AND BEYOND

An 8-week summer session taught by Joan Samworth, Thursdays, 11 a.m. – 2:30 p.m., May 17 – Aug. 9. \$160 for residents; \$175 for nonresidents. Participants provide their own materials. Sketchbook encouraged. Watercolors, pastels, acrylic paints, color pencils, pen and pen and ink are all good choices. Come prepared with your chosen medium on the first day. Emphasis will be on color and composition. Bring a bag lunch and get to know your fellow artists at break time. Questions? Contact Joan Samworth at samworth@gmail.com. Maximum

number is 14. Class will not meet June 7, June 21, July 5, July 26 nor Aug. 2.

EXERCISE

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., June 8 – July 20. \$70 for residents; \$75 for nonresidents. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. Class will not meet June 22.

DC TAI CHI (Introduction)

A 6-week class, Mondays, 9:30 to 10:30 a.m., June 25 – Aug. 6. \$70 for residents; \$75 for nonresidents. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. Visit www.dctaichi.com for more information. Class will not meet July 23.

DC TAI CHI (Ongoing)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., June 6 – Aug. 1. \$70 for residents; \$75 for nonresidents. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. Visit www.dctaichi.com for more information.

detaichi.com for more information. Class will not meet June 20, July 4 nor July 25.

MAT PILATES

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., June 12— July 17. Pilates movements tone the body from “the inside out” bringing about core strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/ yoga mat and bath towel.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., May 7 – June 25. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents. Class will not meet May 28 nor June 18.

YOGA

An 8-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s Cherryblossom Yoga. Sundays from 9:10 to 10:30 a.m., July 21 – Aug. 19. The session includes semi-strenuous postures, stretches, and coordinated breathing, and a quiet period for relaxation and meditation. This class is aimed especially at people 50 years old and older. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for 2 hours before class. \$112 for residents; \$120 for nonresidents.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings,

Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions Fridays from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at 301-255-4250. The free service provides Medicare beneficiaries of any age information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the

NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson’s or dementia, who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Hot beverages, cookies, assorted pastries, and fruit are served by Village volunteers Tuesdays from 3 to 4 p.m. at the Village Center.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAYTIME

Games, toys and play equipment will be set out in the auditorium at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caretaker or family member over age 13.

VISION SUPPORT GROUP

Meets once a month; check the calendar for day and time. Contact Janet Morrison, group facilitator, at 301-538-9358 for more information. See page 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.



CONCERTS

Concerts are held every Wednesday from 7:30 to 8:30 p.m. in Huntley Hall
in the Friendship Heights Village Center.

Wednesday, May 2 — New Brass Quintet—The New Brass Quintet was formed in 2014 by a group of brass enthusiasts to explore the rich chamber music repertoire composed for the classical brass quintet, including arrangements of music from Baroque to jazz and covers both sacred and secular.

Wednesday, May 9 — Washington Revels Maritime Voices — Washington Revels Maritime Voices celebrates the sea and the inland waterways of America—the men who worked the great sailing ships, the women who sustained the shore-side communities, and the men and women who lived and worked on the canals, lakes and rivers.

Wednesday, May 16 — David McLaughlin and friends — David McLaughlin is perhaps best known for his signature mandolin playing and harmony singing with the legendary Johnson Mountain Boys, appearing on eight of their albums for the major indie label Rounder Records. Two of the albums were Grammy finalists. Singer and songwriter Marshall Wilborn is a four-time IBMA bass player of the year whose songs have been recorded by Alison Krauss, Rhonda Vincent and Sierra Hull. Scott Brannon, on guitar and vocals, was influenced at an early age by bluegrass legends such as Charlie Moore, Reno and Smiley and Bill Harrell. His band, the Scott Brannon Band is highly regarded for its style of traditional bluegrass music.

Wednesday, May 23 — Kinor — A perennial favorite, Kinor Dance Company returns to Friendship

Heights with a lively program of Israeli folk-tinged modern dancing. Under the director of founder and artistic director Barbara Supovitz, the group will perform “Golden Celebration,” commemorating an eternal love; “A Time to...” suite, that brings to life the Ecclesiastes Bible verses; the haunting “Sands of the Sinai,” that wordlessly evokes the feeling of this storied desert land; and “Yemenite Dance,” with its intricate costumes, that tells the history of Jews in this ancient country through movement.

Wednesday, May 23 — Mark Hanak — Mark Hanak has been entertaining from the keyboard since he was 12 years old. He started piano lessons in third grade and studied organ performance in college. He is a graduate of The Catholic University of America School of Music.

Coffee and a concert with John Eaton

Join us for an afternoon of “Jazz, Blues and Broadway” with pianist extraordinaire John Eaton on **Monday, June 11, at 3 p.m.**, at the Village Center.

The concert will feature the music of George Gershwin, Johnny Mercer, Cole Porter, and other greats.

Renowned pianist, vocalist, musicologist, and humorist, John Eaton is considered one of the foremost interpreters of American music. After the concert please stay for coffee and cookies. RSVP to 301-656-2797.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

Dr. Michael Gittleson
Podiatrist
The Barlow Building

5454 Wisconsin Ave. Suite 1250
Chevy Chase, MD 20815
301-986-4900

Medicine/Foot Surgery Early Morning Hours

TO YOUR HEALTH

Vision Support Lunch and Learn: *High hopes for living well with low vision*



With people in the United States living longer, eye disease and vision loss are becoming a major public health concern. If you have vision loss, there is help!

Learn from accomplished occupational therapist/vision rehabilitation specialist, Lind Stevens, OTRL, SCLV, MS, at the Vision Support Group Lunch and Learn at the Village Center on **Monday, May 21, from 12 to 1 p.m.** She will share practical and technical possibilities that will encourage independence and enhance your quality of life.

The Vision Support Group is facilitated by low vision advocate Janet Morrison, a Village resident who has influenced the growth of vision rehabilitation information and services throughout the metropolitan area. You don't have to have poor sight to participate, but you do need to register for a light lunch by calling 301-656-2797.

Think F.A.S.T.

What would you do if your friend or loved one experienced a stroke? Do you know the warning signs of a potential brain attack? (Or what the acronym FAST stands for?) Join Mary Rucker, program manager of the NIH Stroke Center at Suburban Hospital, as she shares lifesaving strategies at this month's Suburban health lecture at the Village Center on **Wednesday, May 16, at 1 p.m.** Please call 301-656-2797 to let us know if you plan to attend.

Personal Computer Coach In-home computer training for women

Cheryl Morris

Phone: (240) 994-2921

E-mail: personalcomputercoach@att.net

www.personalcomputercoach.com

Convenient*Flexible*Personalized
Gift Certificates Available



Questions about Medicare?

Rafael Espinoza, the director of the State Health Insurance Assistance Program (SHIP) for Montgomery County, will discuss Medicare at the Village Center on **Wednesday, May 30, at 1 p.m.**

He will cover and take questions regarding new Medicare cards (which began arriving in the mail in April), Medicare fraud and abuse, Medicare Part D (for prescription drugs), and Medicare supplemental insurance (Medigap).

The SHIP program provides free Medicare information and answers by phone, from trained, confidential counselors who offer assistance to Montgomery County seniors, persons with disabilities, families and caregivers. SHIP is a service of the Jewish Council for the Aging funded by the federal Centers for Medicare and Medicaid Services and the Montgomery County Department of Health and Human Services, with support from the Maryland Department of Aging.

Please call 301-656-2797 to let us know you are coming.

GetWell Rehabilitation, LLC

orthopedic | neurological | aquatic

Physical Therapy Office & Ideal Protein Weight Loss Clinic

Friendship Heights Village at the Elizabeth Arcade

- **ONLY PRIVATE 1:1 SESSIONS** with licensed PT
- **Ideal Protein Certified Weight Loss Clinic** with 1:1 coaching
- Expert manual therapy: myofascial release, cranial sacral therapy, dry needling, PT massage
- Orthopedic injuries, neurological disorders, chronic disease
- Focus on hands-on care

Friendship Heights

4601 N Park Ave., #10C
Chevy Chase, MD 20815

Free Garage Parking Elizabeth Arcade



phone 301-654-9355 | info@getwell-rehab.com
www.getwell-rehab.com  find us on facebook

Café Muse presents...

This month's Café Muse, on **Monday, May 21**, will feature poets Dilruba Ahmed and Michael Lauchlan.

Dilruba Ahmed is the author of "Dhaka Dust," which won the Bakeless Prize. Her poems have appeared in "American Poetry Review," "Alaska Quarterly Review," "Kenyon Review," "New England Review," and "Poetry." Her poems have also been anthologized in "Literature: The Human Experience," "Indivisible: An Anthology of Contemporary South Asian American Poetry," and elsewhere. Ahmed is the recipient of The Florida Review's Editors' Award, a Dorothy Sargent Rosenberg Memorial Prize, and a Katharine Bakeless Nason Fellowship.

Michael Lauchlan's most recent collection is "Trumbull Ave." Earlier collections were "Sudden Parade," and "And the Business Goes to Pieces." His poems have been included in "A Mind Apart" and "Abandon Automobile." His work has been included in "New England Review," "Virginia Quarterly Review," "The North American Review" and many other publications.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin

at 7:30. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by the Village of Friendship Heights and The Word Works, a nonprofit literary organization publishing contemporary poetry in artistic editions and sponsoring programs for more than 40 years.



PC .HLP

Pronounced PC HELP

For Home and Small Office Users

Supporting the Windows® Operating System

In business since 1990

Friendship Heights Resident

References available

Hourly Rates

HENRY S. WINOKUR

301-320-2104

pc.hlp@verizon.net

YES! We make house calls.



SENIORS ARE PROUD TO

Call Us Home

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each resident
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs

Brighton Gardens of Friendship Heights

5555 Friendship Boulevard

Chevy Chase, MD 20815

301-656-1900

BGFriendshipHeights.com

Call today to
schedule a
complimentary
lunch and tour:
301-656-1900



The Carleton



Apt 605
\$2,250,000
4+ BD 4+ BA
3,657 SF

Apt 412
\$849,000
2BD+Den 2BA
1,540 SF
Under Contract

The Elizabeth



Apt 1513
\$479,000
2BD 2BA
1,423 SF

Apt 1819
\$665,000
2BD 2BA
1,377 SF
Sold at
\$650,000

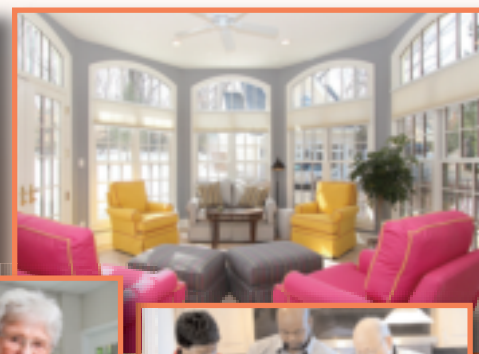
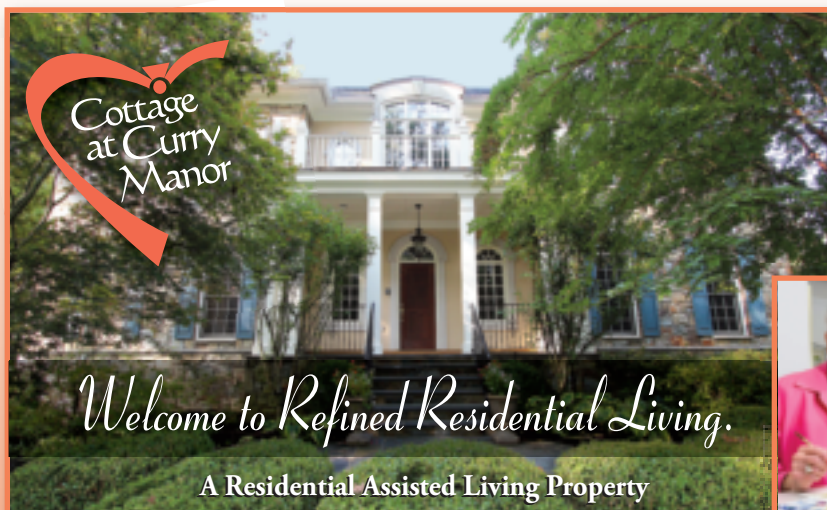


Sam's Featured Listings



Sam Solovey
Vice President, Compass
Realtor® DC/MD/VA
301.404.3280
sams@compass.com

Richard Gross
Realtor® DC/MD/VA
410.913.7757
richard.gross@compass.com



Welcome to Refined Residential Living.

A Residential Assisted Living Property

When home care is no longer a viable alternative, it is time to graduate to Refined Residential Living. The Cottage at Curry Manor provides the comfort and familiarity of home with attentive care and services needed to safely live life to the fullest, including daily, freshly prepared fine cuisine. This grand home is an elegant senior residence in Bethesda, MD that can accommodate up to eight residents. Capital City Nurses' President and Founder, Susan Rodgers, RN, and her team of certified caregivers bring over 40 years of knowledge and expertise in senior care to The Cottage at Curry Manor. *Visit us today!*



The Cottage at Curry Manor has been approved by the State and County as an Assisted Living Facility.

301-365-2582 www.thecottagehomes.com



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Like us on Facebook:

www.facebook.com/VillageOfFriendshipHeights

Visit our website:

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

Phone: 301-656-2797

May 2018 events calendar